Barons Market

Chicken Cacciatore

Prep Time:15 min

Cook Time:40 min

Ingredients

4 chicken thighs
2 chicken breasts with skin and backbone, halved crosswise
2 teaspoons salt, plus more to taste
1 teaspoon freshly ground black pepper, plus more to taste
1/2 cup all purpose flour, for dredging
3 tablespoons olive oil
1 large red bell pepper, chopped
1 onion, chopped
3 garlic cloves, finely chopped
3/4 cup dry white wine
1 (28-ounce) can diced tomatoes with juice
3/4 cup reduced-sodium chicken broth
3 tablespoons drained capers
1 1/2 teaspoons dried oregano leaves
1/4 cup coarsely chopped fresh basil leaves

Directions

Sprinkle the chicken pieces with 1 teaspoon of each salt and pepper. Dredge the chicken pieces in the flour to coat lightly.

In a large heavy saute pan, heat the oil over a medium-high flame. Add the chicken pieces to the pan and saute just until brown, about 5 minutes per side. If all the chicken does not fit in the pan, saute it in 2 batches. Transfer the chicken to a plate and set aside. Add the bell pepper, onion and garlic to the same pan and saute over medium heat until the onion is tender, about 5 minutes. Season with salt and pepper. Add the wine and simmer until reduced by half, about 3 minutes. Add the tomatoes with their juice, broth, capers and oregano. Return the chicken pieces to the pan and turn them to coat in the sauce. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through, about 30 minutes for the breast pieces, and 20 minutes for the thighs.

Using tongs, transfer the chicken to a platter. If necessary, boil the sauce until it thickens slightly, about 3 minutes. Spoon off any excess fat from atop the sauce. Spoon the sauce over the chicken, then sprinkle with the basil and serve.

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Grocery List

- ☐ 4 chicken thighs
- ☐ 2 chicken breasts with skin and backbone
- ☐ Red bell pepper (1)
- ☐ Onion (1)
- ☐ Garlic cloves (3)
- ☐ Olives
- ☐ Can diced tomatoes (1 - 28 ounce)
- ☐ Reduced-sodium chicken broth (1 can)
- ☐ All purpose flour
- ☐ Olive oil
- ☐ Dry white wine
- ☐ Dried oregano leaves
- ☐ Fresh basil leaves
- ☐ Salt
- ☐ Ground black pepper